



City of Manchester, New Hampshire Department of Health

Important Prevention and Preparedness Recommendations for Individuals and Families

Be Prepared.

Stock a supply of water and food. During a pandemic you may not be able to get to a store. Even if you can get to a store, it may be out of supplies. Public waterworks services may also be interrupted. Stocking supplies can be useful in other types of emergencies, such as power outages and disasters. Store foods that:

- are nonperishable (will keep for a long time) and don't require refrigeration;
- are easy to prepare in case you are unable to cook;
- require little or no water, so you can conserve water for drinking.

A checklist of items to have on hand in any emergency situation can be found on the City of Manchester website www.manchesternh.gov.

Stay Healthy.

Take common-sense steps to limit the spread of germs. Make good hygiene a habit.

- *Wash hands frequently with soap and water.*
- *Cover your mouth and nose with a tissue when you cough or sneeze.*
- *Put used tissues in a waste basket.*
- *Cough or sneeze into your upper sleeve if you don't have a tissue.*
- *Clean your hands after coughing or sneezing. Use soap and water or an alcohol-based hand cleaner.*
- *Stay at home if you are sick.*

Will the seasonal flu shot protect me against pandemic influenza?
<ul style="list-style-type: none">• No, it won't protect you against pandemic influenza. But flu shots can help you to stay healthy.
<ul style="list-style-type: none">• Get a flu shot to help protect yourself from seasonal flu.
<ul style="list-style-type: none">• Get a pneumonia shot to prevent secondary infection if you are over the age of 65 or have a chronic illness such as diabetes or asthma. For specific guidelines, talk to your health care provider or call the Centers for Disease Control and Prevention (CDC) Hotline at 1-800-232-4636.
<ul style="list-style-type: none">• Make sure that your family's immunizations are up-to-date.

It is always a good idea to practice good health habits.

- *Eat a balanced diet. Be sure to eat a variety of foods, including plenty of vegetables, fruits, and whole grain products. Also include low-fat dairy products, lean meats, poultry, fish, and beans. Drink lots of water and go easy on salt, sugar, alcohol, and saturated fat.*
- *Exercise on a regular basis and get plenty of rest.*

Get Informed.

Knowing the facts is the best preparation. Identify sources you can count on for reliable information. If a pandemic occurs, having accurate and reliable information will be critical. As you begin your individual or family planning, you may want to review your state's planning efforts and those of your local public health and emergency preparedness officials.

Reliable, accurate, and timely information is available at the following resources:

Planning Level	Resource
LOCAL	City of Manchester Department of Health http://www.manchesternh.gov
STATE	N.H. Department of Health and Human Services – Avian Flu http://www.dhhs.nh.gov/DHHS/CDCS/Avian+Flu/default.htm
NATION	U.S Department of Health and Human Services – Pandemic Flu http://www.pandemicflu.gov/ Centers for Disease Control and Prevention – Avian Flu http://www.cdc.gov/flu/avian/
WORLDWIDE	World Health Organization Epidemic and Pandemic Alert and Response (EPR) http://www.who.int/csr/disease/avian_influenza/en/